

Mitchell County

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Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- 78% chose Obesity as a top problem in Mitchell County. The identified prevention problems were lack of motivation, not enough time and too expensive to buy healthy foods. Identified ways to improve were more physical activity, eat more fruits and vegetables and drink more water.
- 77% chose Cancer as a top need. The identified prevention problems were lack of motivation, not enough time and too expensive to buy healthy foods. Identified ways to improve were more physical activity, eat more fruits and vegetables and drink more water. This will overlap with the Obesity problem.
- Heart Disease was at 37% as a problem.
- Single parents identified as a concern by 62% of respondents.
- Poor Parenting Skills were identified as a concern by 60 % of respondents.

Prevent Injuries

Problems/Needs:

- 76% of respondents stated that Texting while driving was a risky behavior in Mitchell County.
- Underage drinking problem has been identified from past CHNA and will continue to be addressed. This was identified as a concern by 63% of respondents in the recent survey.
- Driving while drunk or high was identified as a problem by 42% of respondents.

Protect Against Environmental Hazards

Problems/Needs:

- 58% report a concern about safe drinking water.

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- 30% of county population received H1N1 Vaccination. Through I-4 grant VFC vaccines given for preventable diseases.

Prepare for, Respond to, and Recover from Public Health Emergencies

Problems/Needs:

- 39% of respondents state that they are not prepared for a natural or man-made disaster
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Strengthen the Public Health Infrastructure

Problems/Needs:

None identified

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
Reduce Obesity in Mitchell County by 3% by June 30, 2015 Baseline: Current Level of obesity in Mitchell County is 59% (2008 Data Warehouse IDPH)	Promote healthy lifestyle with several articles about physical activity tips, nutritional facts, etc. through our local 4 media outlets and our new wellness center in Osage.	Public Health & Wellness Committee	by 2015
	Provide Cholesterol & Diabetes Screening Clinics to 3 major manufacturing plants in Mitchell County once per year. Educate and make referrals if out of parameters.	Public Health Nurses	by 2012
	Recruit county employees to participate in Live Healthy Iowa competition to increase physical activity and weight loss.	Wellness Committee	by 2012

Goal	Strategies	Who is responsible?	When? (Timeline)
Reduce underage drinking by 10% on IYS by June 30, 2015 Baseline: According to the 2008 IYS, 36% of Mitchell County 11 th graders have used alcohol.	Continue Mitchell County Substance Abuse Coalition by meeting every 4th Tuesday of each month.	Coalition members	by 2012
	Promote our coalition to recruit more community members		
	Educate the community (including youth & parents) on the risks of underage drinking by community events and town hall meetings.	Coalition members	by 2015
	Teach Prime for Life Programs in the Mitchell County high schools to educate youth about the risks of underage drinking.	Jay Pedalty with Prairie Ridge	by 2012